

## MARCHING IN PLACE (SEATED)

Both step height and length are important aspects of gait. Marching exaggerates gait patterns and requires higher steps, which will facilitate longer strides. Seated Marching in Place is similar to the core exercise Knee Lift, Abs In. Keeping the abdominal muscles pulled in is emphasized in both activities, but this activity is done in a coordinated and faster pattern.

### **Benefits »**

- ⦿ Facilitates greater step height and length.
- ⦿ Uses a reciprocal pattern similar to that of walking.
- ⦿ Allows participants to sit, stand, or move to music.
- ⦿ Adds an agility requirement to normal strength training.

### **Set It Up »**

You will not need any special equipment for this exercise.

### **How to Do It »**

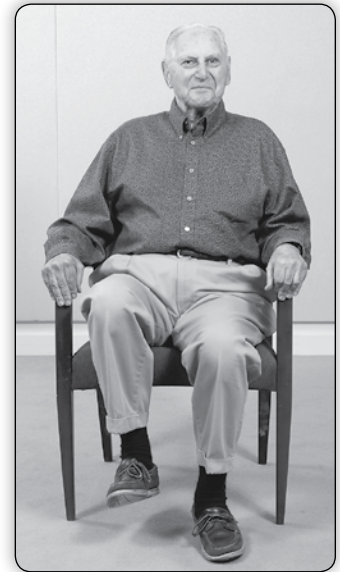
#### **The Start**

- ⦿ Participants sit all the way back in their chair, with forearms on arms of the chair to provide back support.
- ⦿ They draw their abdominal wall toward the back of chair and brace core muscles.

#### **The Moves**

Use the following cues.

- ⦿ Lift the right knee, keeping the core muscles stable; and then the left knee.
- ⦿ Keep the back tall and abdominal wall pulled in toward the chair back.
- ⦿ It's just like marching. Keep going!
- ⦿ Try to maintain an even lift height and stepping pattern.
- ⦿ Keep the core stable and still.
- ⦿ Repeat until each knee has lifted 8 to 12 times, as tolerated.



### **Take It Further »**

- ⦿ Increase repetitions to 15, if well tolerated.
- ⦿ Cue for higher knee lifts.
- ⦿ Add Genie arms (tall sitting with arms folded across the chest).

### **Give It More Balance »**

- ⦿ Move away from the back of the chair and maintain the tall sitting position. Have them keep their arms on the chair arms at first.
- ⦿ Add reciprocal arm swings (right arm forward, left knee up; then left arm forward, right knee up).
- ⦿ March to music. The music will help them coordinate movement patterns.
- ⦿ Add arm swings to marching with music.

### **Keep It Safe »**

Keeping the core muscles stable (abdominal muscles pulled toward the back of the chair and braced) and forearms on the chair arms will prevent back strain in the frailer adults.